

From: Director-DWP, Program (DEP)
Sent: Friday, May 01, 2015 10:24 AM
Subject: Fluoride Updates

Fluoride Optimal Levels

The U.S. Department of Health and Human Services released the final Public Health Service (PHS) recommendation for the optimal fluoride level in drinking water to prevent tooth decay. The new recommendation is for a single level of 0.7 milligrams of fluoride per liter of water. It updates and replaces the previous recommended range (0.7 to 1.2 milligrams per liter) issued in 1962.” To see the full release, click [here](#).

The Centers for Disease Control and Prevention (CDC) has provided some additional supporting material for the announcement which is attached. This includes a fact sheet and Q&A document. There is also a scientific background document available at <http://www.cdc.gov/fluoridation/pdf/statement-cwf.pdf>.

Massachusetts Department of Public Health issued the attached letter to Massachusetts Local Boards of Health and reminded them of the following:

1. U.S. Department of Health and Human Services released the final Public Health Service recommendations continuing the practice of community water fluoridation at this level as a safe and effective means for the reduction of dental decay.
2. The change was made to standardize the recommended levels across the country and takes into account the following facts: People in different climates of the U.S. drink roughly the same amount of water and more sources of fluoride are available now than when the recommendations were first made in the 1960s.
3. Tooth decay is the most common chronic disease our children experience nationally. The Centers for Disease Control and Prevention (CDC) found that in communities that initiated fluoridation, the decrease in childhood decay was almost 30 percent over 3-12 years of follow-up, leading the CDC to name community water fluoridation one of 10 great public health achievements of the 20th century. Additionally, for every dollar spent on community water fluoridation, up to \$38 is saved in treatment costs for tooth decay.
4. The Massachusetts Department of Public Health strongly supports community water fluoridation as a safe, cost effective, and proven practice that promotes good oral health within our communities. DPH also supports the use of fluoride mouth rinse and tablets where a community does not currently have a public fluoridated water system

You may also find the following Globe Newspaper Article of interest.

<http://www.bostonglobe.com/opinion/editorials/2015/04/23/stop-worrying-and-learn-love-fluoridated-water/AThzfPhwygZS3zCFcD4FXN/story.html>

MassDEP encourage all PWS with fluoride programs to implement the new Optimal Fluoridation level as soon as practical and to notify MassDEP and DPH of any changes to their programs to implement the new optimal level. If you have any questions on this information please contact:

DPH: Heather Benabbou, Fluoridation Coordinator in the Office of Oral Health at

Heather.Benabbou@state.ma.us

DEP/DWP: Program.director-dwp@state.ma.us
